



Be PAIN FREE - Learn simple exercises to *realign your body*



Tuesday 6:30 – 7:15 PM

Wednesday 10:45-11:30 AM

Free for GAFC members / Non-members \$10 per week or \$45 for all 6 weeks

Week 1	* Feet & Ankles	Jan. 11 & 12
Week 2	* Knees & Hips	Jan. 18 & 19
Week 3	* Back	Jan. 25 & 26
Week 4	* Shoulders	Feb. 1 & 2
Week 5	* Elbows, Wrist & Hands	Feb. 8 & 9
Week 6	* Neck & Head	Feb. 15 & 16